1: Ammar E, I-5 (1951) 1954
MR13 Fellahin MR13
Silwa

difference between friends'. Moreover, economic pressure can be brought to produce social conformity and curb the heretic. In the case of a shopkeeper whose private life was open to suspicion, he found that his customers had gradually deserted him, and he had to search for work in town. Part of the village efforts to establish a new mill were provoked not only by the raising of the charges by the owners, but also by the fact that one of them had been accused of fomenting intrigues between the villagers. This added fuel to the mill's campaign 'to ruin the house of such a man'.

No study of the fellah's nutrition and its connection with cultural values has been made. The following remarks about diet in Silwa are appropriate; they are, however, inadequate as such a question requires a special enquiry by itself.

The villager has no concept of a balanced diet apart from a filling or a delicious meal. Meals, especially dinners, are often better provided after the reaping of the new harvest when food would be plentiful, and meat could be bought, while gradually the meals become poorer and meat is rarely served. It is said that 'one good meal a year is a support like a stick' in justifying one expensive meal whenever possible. Moreover, bread is always preferred to be hot, 'just coming from the oven', which means an arduous task to the housewives, as the provision of cooked food is an important part of their matrimonial duties. One of my female relatives told me that she knows of two cases where a husband had to divorce his wife because she seldom provided him with freshly-baked bread or hot 'ghamoos'—a cooked vegetable in which he can dip the bread.

The preparation and cooking of a meal is associated largely with certain kinship and neighbourly obligations. Relatives might help each other in picking the odd stones or foreign matter from the seeds before sending them to the mill, help in sieving the flour or in baking. If a woman bakes her bread in a hot oven of a neighbour (a device for saving fuel), she has to offer one of the children a loaf of bread. Neighbours and relatives might borrow loaves of bread from a woman who has just baked. After baking, a woman may send a loaf or loaves of bread to a widowed relative or send a 'dwaga'—bread to be tasted—from the newly-harvested crop.

As a rule, the villagers take three meals a day—breakfast (fatour), lunch (ghada), and an evening meal, at sunset (asha). But farmers occasionally eat between the meals anything available, which they call 'ijalla', i.e. the food that does not precipitate the next meal.

An evening meal, especially a well-prepared one, is certainly the apex of the day's work, the reward and joy for the day's efforts and toil.[1] The gathering round the table—'tablia'—for the evening meal, reflects the family unity, its hierarchy, and its discipline. The father and the children sit on the mat or on the bed round the low table to eat from one dish. If there is meat, it is the father who distributes it, giving each child his or her share, a larger portion to the older boys and less to the younger, and the

[1] For such feeling and attitude towards food, see R. Firth, *We, the Tikopia*, p. 39.

1: Ammar E, I-5 (1951) 1954
MR13 Fellahin MR13
Silwa

any difference or separation between religion and the rest of life. 'It is most true that, in the more remote communities, the behaviour expected of kinsmen rests under the warrant of ritual and religion. . . . In the villages, one behaves toward an older male cousin in accordance with that pattern of respect for elders and kinsmen, compliance with which people believe to be essential to virtue. . . . In the remoter villages, the uncontrovertible gravity of the relationship is announced to the individual again and again in the rituals of "paying respects" and of hand-washing. The plan for conduct . . . is a sacred plan, well documented with ritual and belief.'[1]

The folk life of Silwa as previously outlined provides the background and setting for a study of culture change in the Egyptian society as a whole. One can see that many of the trends of historical change follow to a considerable extent Redfield's hypothesis of the transformation of folk life into civilization. In reading Lane's description of Cairo life of over a century ago, before the full impact of Western techniques and civilization, one can identify more or less the same design of living in Cairo as exists at present in Silwa.[2] Throughout the book the reader notices in the mid nineteenth century Cairo society, the all-pervading religious frame of reference mingled with magical rites; the importance of such institutions as the family, the abundance of folk medicine, attitudes towards authority, age and sex, similar to those held and observed at present in isolated communities such as Silwa.

However, this does not mean that Silwa has not been itself changing, as evidenced by statements from the older generation and observed by the writer himself. The trend on the whole is towards imitating the city pattern of life, especially in its material aspects. A common saying, especially amongst the youth, is 'If you want wealth and elevation, go and live in the cities, for poverty is the heritage of rural life'. Yet what the villagers of Silwa want and have started to imitate is not the Europeanized type of city dwellers but the Arab section of city dwellers. No one in Silwa has ever entertained the idea of wearing a European dress. Some of the new generation and those who have been to town might wear a smaller turban, manufactured shoes instead of the hand-made markoob, a manufactured woollen galabia, or tob instead of the zabout woven on the village loom. On special occasions they imitate the city way of cooking their vegetables and meat, using tomato juice instead of the traditional way of boiling and spicing it.

The imitation of city ways is to a large extent connected with prestige values. Two clans have, for instance, incorporated a latrine in their guest houses, imitating the Omda of the village, while there is none in their own houses. On festival and religious occasions, it is always desirable for a clan or a family to invite a Koran reciter from town even if his voice is not as

[1] Robert Redfield, *The Folk Culture of Yucatan*, p. 339.
[2] Edward William Lane, *Customs and Manners of Modern Egyptians*.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

CHAPTER II

THE WOMEN AND CHILDREN

562 114 FOREIGNERS are often heard talking about "the poor oppressed Egyptian woman." She is spoken of as overworked and ill-treated, and her husband as a brute without feeling or thought for her. I would have my readers bear in mind that in this book I am dealing only with the *felläḥīn*; I have no intention of discussing or criticizing the aspirations for emancipation which are now finding voice among many Egyptian ladies of the upper classes. What I have to say here concerns the peasants only, among whom I have sojourned for several years. No one is more anxious than I am to see the status of Egyptian women raised, for until they are made fit to hold a higher position in their world there is, I think, little chance of the country taking a more exalted place among the nations of the earth.

868 562 [872] The girls' education should be entirely practical to start with, and book-learning should come by slow degrees. They should be taught the best way of carrying out their domestic duties, which are, after all, very simple—how to cook their food in a cleanly way, [863] to realize that hands should be carefully washed before handling food or mixing the flour and kneading the dough for bread, and [515] that a *clean*, not a dirty, dress should be worn when they are [852] engaged in any culinary operation. They should also be made to realize that if they would spend but half an hour to an hour every morning sweeping their mud floors and the ground outside their [356] house-doors, and then burning the refuse, they would have both healthier and brighter homes and villages. At present they are [744] without the most elementary knowledge of hygiene, and are unmethodical in the carrying out of most, if not all, their domestic duties. It is in matters such as these that the village girls need instruction first and foremost.

562 The somewhat inferior position that the peasant women occupy in village society compared with that of the men follows as a natural consequence of their greater ignorance.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt
Copts MR 10

THE FELLĀḤĪN OF UPPER EGYPT

Scriptures. After interminable readings and chantings there was a pause, and one of the mourners present clapped his hands, thus commanding the attention of every one in the church. He then began the funeral oration, extolling the dead man and mentioning many of his good deeds. He spoke with great fervour and sincerity, though he was himself a Muslim, and I much admired his restrained gestures, his fluency, and his clear enunciation. He was really a good speaker and entirely devoid of self-consciousness. After the speech was ended the candles were put out and removed from the sides of the coffin, the lid was replaced, the bearers hoisted the coffin on to their shoulders, and, preceded by the priest and the *'arīf*, walked three times round the church, followed by all the mourners. After the third perambulation they came down the centre of the building, and so out of the church to the place of burial.

There is no service at the grave among the Copts, and after loud-voiced and conflicting advice from every man in the crowd assembled round the grave the coffin was at last successfully lowered to its final resting-place, a vault in which a number of interments had already been made. Finally the opening to the vault was bricked up and the earth flung back into its place again, and we all set off for our several abodes.

The mourning at the house usually lasts for seven days, as with the Muslims, though the period is sometimes reduced to three days only. During those seven or three days, according to one of my Coptic informants, no food is cooked in the house of mourning, but supplies are brought in by village friends. According to the same informant, prayers are offered up in the church by the priest on the third, seventh, fifteenth, and fortieth days after a death; these prayers are believed to be the means of saving a lost soul. During the fifteen days the house of mourning is not swept, but no reason was given for this custom.

On the third day after a death has taken place a priest, attended by the *'arīf*, goes to the house of the dead man or woman. Some of the uneducated Copts believe that the priest on this occasion dismisses the soul of the dead person from the house, where it is believed to remain until that day. I was present for this ceremony after the death of the Copt whose funeral I described above. As his relations were very poor people the ceremony was doubtless far less elaborate than it would be in the case of people in a better position.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

INDUSTRIES AND MARKETS

Spinning is, so far as I have yet observed, more often done by men than by women in Egyptian villages, though I have seen one or two women engaged in this occupation. One year, when visiting a tribe of Arabs, I saw more than one woman spinning yarn.

I have referred in previous chapters to two kinds of bread made by the peasant women. Wheat- and *dura*-flour blended, or the latter ingredient only, are used, mixed of course with yeast, and

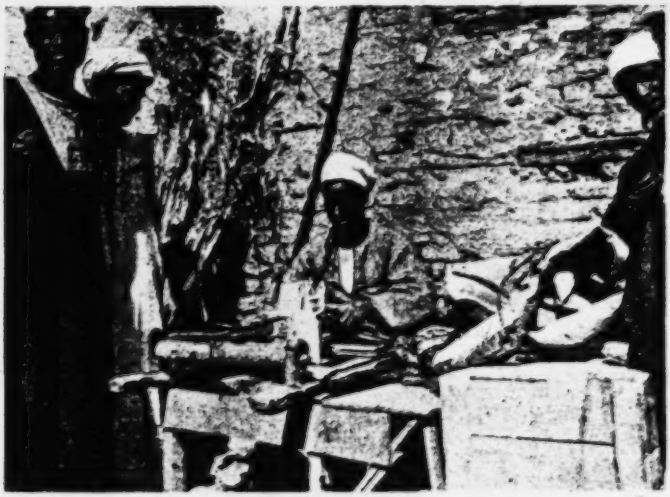

FIG. 92. SMALL LOOM FOR ADDING BORDERS TO SILK OR COTTON HANDKERCHIEFS AND THE LIKE

water is added till the dough is of the right consistency. The dough is then put to rise in the sun.

When the round, bun-shaped loaves of bread, called *khubz*, are made the dough is formed into cakes of the required size, which are then put to rise in the sun before being baked in the oven (Fig. 94). Wheat-flour is the main ingredient of *khubz*, which is the bread usually eaten by the wealthier peasants.

The making of *battaw* is a more laborious task. When ready for the oven a small dab of fairly moist dough is placed on a large, fan-shaped object made of palm-ribs. The woman then tosses the dough on the fan until it has spread in a thin layer all over it. The 'fan' is then handed to another woman, seated before the mud oven, who slides the flat, round sheet of dough on to the open

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

oven shelf.[1] A large fire, made of dry *dura*-stalks, is kept burning in the furnace below the shelf. When one side of the bread is done the bakeress turns it over with an iron rod (called *bashkūr*), made for this purpose, till the other side is cooked. When quite finished she removes it with the aid of the *bashkūr* and places it on the ground beside her.

FIG. 93. ARAB WOMAN WEAVING A CARPET

The dough for the *battaw* is usually kneaded in a very large basket, and a great quantity is always made and baked at a time. Thus the task entails many hours of hard labour, and the women often begin the work in the afternoon and continue through the night until daybreak or even later. The baking takes place once or twice a month, and female relatives and friends usually come in to assist. Such bread, if made in a cleanly way, is excellent when fresh. It is crisp and thin, somewhat like the oatcake made in the North of England and in Scotland. No one who has not made the attempt can realize how difficult it is to toss the dough on the 'fan.' I have myself made one or two efforts to assist in this breadmaking, but I made a hopeless failure of it, much to the amusement of my village friends.

Most villages, and all towns, have a weekly market, where a great variety of goods are for sale. The market-place is usually situated just outside the village, and is either Government property or belongs to some private individual. Every one who brings

[1] The oven is open in front, but is covered at the top. The smoke goes up through a hole in the ceiling, which opens on to the flat roof.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

goods for sale pays a small sum to the owner of the property on which the market is held.

There is no more animated scene than a village market (Fig. 95). Some of the traders bring their goods the evening before, packed in *akfāṣ* (plural of *kafaṣ*) and other receptacles, and these, together with bundles of sugar-cane and the like, are deposited overnight in the market-place, being left in the charge of village guards. Others who have goods for sale begin to assemble very early in the morning, bringing sacks of onions, bundles of cotton cloths, cheap jewellery, household and kitchen utensils, tomatoes and other vegetables, as well as cattle, sheep, goats, donkeys, and camels. The butchers are usually among the first to arrive, for they slaughter the animals on the spot, hanging up the carcasses on huge wooden tripods (Fig. 95, and p. 32, Fig. 11). While thus suspended the meat is cut up, and the purchaser is able to select any special portion that he or she requires.

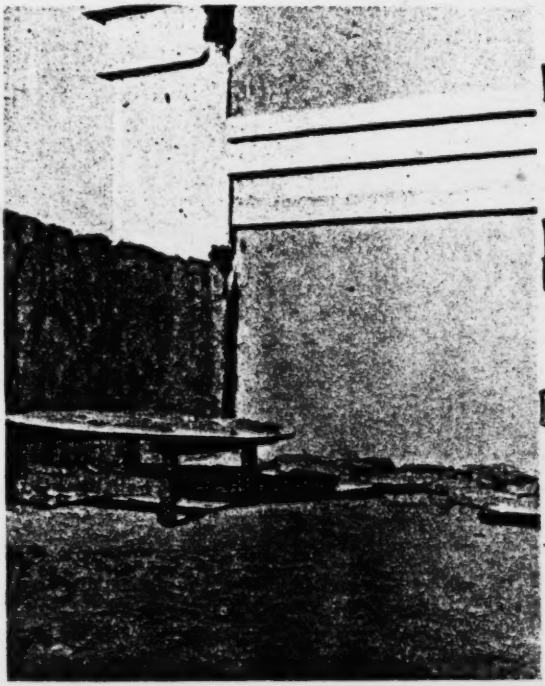

FIG. 94. LOAVES OF UNBAKED BREAD PUT IN THE SUN TO RISE

Each trade has its own particular location in the market-place, which is thus divided up into sections, such as the market of camels, the market of meat, the market of sugar-cane, and so on. Women take their full share in the business of selling, and may be

[Text continues on p. 167]

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt
COPTS MR10

THE FELLĀḤĪN OF UPPER EGYPT

considered the more efficacious in an inscribed charm of this character. Names and words, evidently ancient, the meanings of which are now quite lost, often occur in modern Egyptian inscribed charms.

Here is a cure for dry scabs on the skin, given me by a Coptic magician. Early in the morning, before washing or eating, pass one finger over the front teeth and then rub it over the scabs. This should be repeated three, five, or seven times, accompanied by the repetition of the following words: "O dry scab, come into two pieces, and go to the skin of a dog."

A man whom I have known for several years was suffering from a dry scab on his left wrist, so he went to a doctor for a remedy, but the scab did not disappear. On returning to his village he spoke to the Coptic magician who also resided there, and told him about his complaint. The magician advised the treatment described above, and after carrying out these instructions the scab, so the man told me, quickly disappeared!

The following is another cure for the same complaint. Get a pod of lupine after the harvest, and after the seeds within it have been prepared for food. Then press the pod with one finger three, five, or seven times, repeating meanwhile the same words as in the previous cure. The lupine is prepared for food by frequent immersion in hot water; the water is then drained off, and the lupines mixed with salt. They will then keep for a considerable time.

If a child has a cough the mother may go to a magician, who takes one of the narrow leaves off a palm-branch and writes a charm on it. He then rolls up the leaf, tying it with a string which is long enough to hang round the child's neck (Fig. 125). I have seen several children wearing these supposed cures for a cough, and I have one or two in my possession.

In Asyūṭ Province I was told that three leaves must be plucked from a palm-tree that has been inherited by the sick child's family from a relative, and that the following charms should be written on each leaf:

"Samkin, Samkin, Samkin.
Sam'akin, Sam'akin, Sam'akin.
Sam'ukin, Sam'ukin, Sam'ukin."[1]

"Go away, coughing, for the sake of the Mighty God, and leave as soon as you can."

[1] These are said to be Syrian names of God.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

to detect any trickery. A friend of mine told me that he had been equally puzzled. I should mention that as he rubbed the child's eyes he repeated the *Fātiḥeh*, the first chapter of the Ḳorān.

Huskiness is supposed to be cured by the following curious performance. A boy who is well known to me was suffering from extreme huskiness of the voice. His relatives, finding that he got no better, sent for one of the village butchers. The boy was made

FIG. 126. THE 'EYE-DOCTOR' REMOVING GRUBS FROM A CHILD'S EYES

to lie down on a blanket spread on the ground, and the butcher pretended to cut his throat, placing the blunt edge of the knife against it, and saying, "In the name of God, the Compassionate, the Merciful," as he did so (Fig. 127). These words are also pronounced when an animal or even a fowl is killed for food. The relatives and friends present must be very careful not to repeat these words themselves, or the supposed cure would be useless. I saw the boy three or four days later, and remarked that he did not seem much better. His elder brother said it was because the butcher employed was too young. There was, however, a much older man who was very successful in effecting cures in this way, but he had not been available at the time.

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt
COPTS MR10

ʿAFĀRĪT

The *ʿafārīt* are, as I have said, supposed to be made of fire, so they are naturally found in their native element. Therefore, before extinguishing, or casting anything into, a fire it is usual to say " In the name of God, the Compassionate, the Merciful," thus giving the *ʿafrīt* who may be in the fire time to withdraw. Also, before pouring water or other liquid on to the ground many people say " *Dastūr* " (" Permission ") or " *Dastūr yā mubārakīn* " (" Permission, O blessed ones "), in case there may be *ʿafārīt* near by. For should there be *ʿafārīt* in the fire at the moment that it was put out, or should the water touch them when poured on to the ground, they would take revenge on the person who had not duly warned them of what he or she was going to do.

FIG. 135. A MAGICIAN OF MY ACQUAINTANCE

Before beginning to eat, and also before removing any food from the room in which the household stores are kept, both Muslims and Copts will say " In the name of God, the Compassionate, the Merciful." This, I am told, is to prevent the *ʿafārīt* from taking any of the food. Copts will sometimes say " In the name of the Cross," and will make the sign of the Cross over the food, for the same purpose. Again, a woman will make use of one of these two phrases before beginning to mix the flour for making bread.

A magician is supposed to be able to control *ʿafārīt* and to make them appear before him. He can also issue orders to their king, which the latter has to obey. The magician calls up the *ʿafārīt* from below the earth by reciting incantations, burning incense the while, and sometimes pouring out a libation of water (see p. 193).

People who are afflicted by *ʿafārīt* regularly apply for assistance to magicians, who are often men of benevolent character, and who,

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt
Ancient Egypt MR5

ANCIENT EGYPTIAN ANALOGIES

FA 286

Looms like those used by modern Arab women (p. 162 and Fig. 93) are depicted in Twelfth-Dynasty paintings at Beni Ḥasan and elsewhere [1] (Fig. 177). The modern and ancient (Fig. 173) spindles are hardly to be distinguished from one another.[2]

FA 252

On p. 163 I speak of loaves being put to rise in the sun before

A [285] [174]

FIG. 175. EIGHTEENTH-DYNASTY BASKETS
After W. M. F. Petrie, *Sedment*, Part II, Pl. LV.

being baked. This seems also to have been done in ancient Egypt [3]

FA 443

The open-air market (pp. 164 ff.) was evidently as distinctive a feature of ancient as it is of modern Egyptian life.[4] The part played by saleswomen in the markets was noticed by Herodotus,[5] and, it would seem, somewhat exaggerated.

FA 241 423

The breaking up of the fields into small squares separated from each other by ridges of earth and narrow trenches (p. 169) is an ancient practice, as we learn both from reliefs and paintings [6]

[1] See L. Klebs, *Reliefs und Malereien des Mittleren Reichs*, pp. 126 ff.; see also H. E. Winlock, "Heddle-Jacks of Looms" in *Ancient Egypt* (1922), pp. 71 ff.
[2] L. Klebs, *op. cit.*, p. 126.
[3] T. E. Peet and C. L. Woolley, *The City of Akhenaten*, Part I, p. 64.
[4] A. Erman and H. Ranke, *op. cit.*, pp. 508 f. [5] ii, 35.
[6] See, *e.g.*, P. E. Newberry, *El-Bersheh*, Part I, Pl. XXVI.

A [113]

243 Northern Delta. It occupies about 6% of the cultivated area, but its acreage depends on the height of the Nile flood, and is controlled by the Government. Thus in 1935 there were 470,375 feddans under rice, in 1937 only 240,469, and in 1939 476,454. The rice is of good quality and can be exported.

241 [262 252] Beans (*fûl*) provide fodder for draught animals, from June to December; those of the best quality, prepared with oil or fat, make a rich and popular dish.

Onions and sugar-cane are grown in Upper Egypt. Then there are barley, lentils and dates, not to mention vegetables and fruits, the cultivation of which, although confined to certain localities, increases year by year.

The fellah keeps a narrow strip or corner of his field for his own use. Here, without using any manure, he plants the vegetables appropriate to each season: *bamia* in winter, *fûl* in spring and *molokhiya* in summer. These will be mentioned again in the chapter on the fellah's food. Apart from occupying much less space than other crops, they are cultivated in much the same way as the rest.

241 463 181 Egypt is becoming a land of variety in crops, but this diversity has not involved any sort of specialisation for the fellah. He is still a manual labourer, a "Jack of all trades", and his work remains simple and monotonous. There is not enough differentiation to form specialists of any kind, nor enough uniformity to limit his work to one dull task. This means that the fellah can adapt himself to any new crop. He will never introduce a novelty himself, but will take to it if encouraged by authority, the more readily if experience proves it to pay. This has been noticeable in the case of flax.

177 242 407 Mechanical innovations, however, are a very different matter. The preceding pages will have made it clear that there is never any question of tractors, reapers or binders, let alone winnowing or threshing machines, or even cars and waggons. Such machines as these are scarcely more common today than in the past. The fellah is too poor to use them, and in any case he feels no need for any instrument which would divide him from the soil. It is true that the large estates under direct cultivation employ extremely modern machinery, which is handled by fellaheen, but this is an

Paradoxical as it may seem, there appears to be a relation between the increase in this "drug habit" and the development of perennial irrigation. It has in fact been proved that this invention, which has doubled Egypt's wealth, has also encouraged bilharzia and ankylostomiasis. These diseases weaken the fellah and reduce his power to work. He seeks relief in the stimulant readiest to hand. As the men, who spend their lives in mud and water, are more affected by these diseases than the women, they are also more addicted to this "black tea" (44).

The cultivation of tobacco, which was brought into Egypt at the beginning of the seventeenth century, was forbidden by a decree of 25th June, 1890. Imported in the raw state from Greece, Turkey and Japan, and processed in Egypt, it is too dear for most of the fellaheen. As with coffee, it is in much greater use in the towns (47).

As a rule the fellaheen eat three meals a day; at sunrise before leaving for work (*futûr*); about 10 o'clock, in the field (*ghâda*); and at home at dusk (*'asha*). The fellaheen always sit cross-legged on the ground, and eat with their fingers.

Those at work usually eat their lunch (*ghâda*) in the open air and in company, each taking his food from the plate or enamel pot his wife has brought him, while the water bottle passes from hand to hand.

The chief meal is supper, which consists of warm cooked food eaten with the family. Cooking is done with oil over a Primus stove, or in a household oven fed with strawed cow-dung (*gilla*).

The fellaheen do not go in for cattle-rearing, and as meat is expensive they cannot eat much of it. They have mutton or beef at most once a week, and at least on the two great festivals, or when an animal is killed by accident. This means an orgy, at which everyone puts away tremendous helpings of food. Every now and again some rich man, for a vow or a funeral, kills an ox or *gamoossa* and gives away its meat; then the poorest can have a feast for nothing.

Those who live on the banks of the Nile, a large canal, or a lake, use nets to catch small fish, which they cook in oil. But most of them are limited to vegetables. Onions (*bassal*), turnips (*lift*), green peppers (*filfil*) and cucumbers (*khiyâr*) are eaten raw. Vegetables which they cook are ladies' fingers (*bâmia*) and *molokhiya* (Jew's mallow) (48), both of

262 which the fellaheen enjoy immensely. Beans (*fûl*) are the
252 national dish. Then there are little marrows (*kûsa*), and finally lentils and rice, which are often mixed, one part to two, to make *kushri*. This is their most effective concoction.

262 For dessert, when they have the opportunity, they eat
264 dates, or bite huge mouthfuls out of slices of water-melon. They may also chew sugar cane, or gnaw maize roasted on the cob.

Place and season afford a certain variety, but there is no wide choice at any one time. The common meal always consists of one dish, to which is often added a piece of *mish*, a coarse, sour kind of cream cheese, made of goat's or *gamoos-sa's* milk preserved in salt water, which is eaten from one end of Egypt to the other.

[263] For flavouring the fellaheen use crude salt from Damietta, and a kind of treacle made by boiling sugar-cane juice. They rarely put manufactured salt or sugar in their ordinary food. On the occasion of a wedding, circumcision, or *mûlid*, they buy plain cakes and red or green sweets, which they find as toothsome as their children do.

262 The staple food of the fellah is his maize bread (*bettai*).
146 This provides 80% of the calories in his diet, and half the proteins. A grown man will eat three pounds of it a day. It has been calculated that this wholemeal bread contains six times more magnesium than normal baker's bread(43).

252 The grains of maize are not pounded in a mortar, as
412 millet is by the black peoples of Africa, but ground between two millstones, after the manner used throughout the Near East.

412 This primitive mill, found also in Morocco, consists of
462 two large flat stone wheels about two feet wide and three
252 inches thick. The one on the ground is fixed, while the upper one turns on a pivot. It is pierced with a central eyelet, into which the grain to be ground is poured. A wooden pin set upright in a hole near the edge of the moveable wheel serves as a turning handle. This grinding, like the other processes of breadmaking, is done by the womenfolk.

252 The flour, with the addition of a little fenugreek (*helba*), millet, corn or beans, is kneaded on a piece of wood into round, flat cakes, about ten inches across. This dough, cooked in the household oven, produces a golden brown bread with a very pleasant taste, made of two soft crusts

with no crumb. There are no public bakeries except in the towns, but every family bakes its own bread two or three times a week. In Upper Egypt the fellah's loaf is rather smaller, being about six inches across, though thicker. A labourer in the district of Armant told the author that he used to eat ten a day.

The ordinary food of the fellah, then, consists of bread, which he makes from maize of his own growing, and vegetables from the edge of his field, or others of poorer quality that his wife buys at the market, with the occasional addition of cheese, when not all the milk of the *gamoossa* has been sold. Briefly, he eats the cheapest products obtainable in the neighbourhood.

His diet is neither varied nor abundant. Does this mean that he is underfed? It is certainly the usual view. On the other hand, one authority (") finds that the foods—and even the water — which make up the fellah's diet contain a normal mineral content. The work, health and physical strength of the fellah seem to confirm this opinion, yet the increase of pellagra, and the very high proportion (perhaps 80%) of recruits for military service turned down, would seem to prove malnutrition.

So the black soil, like the tongue in Aesop's proverb, is at once the best and the worst of things, giving the fellah both strength and sickness.

The mineral content of the food crops that it nourishes strengthens the men who eat them.

The germs and parasites which infect the sodden soil weaken the men who live on it and drink from it.

From this interplay of natural forces, in spite of everything, a certain balance has been set up which has made the fellaheen a sturdy stock.

This is what justifies the view that the fellah's greatest affliction does not lie in lack of cleanliness, in disease, high mortality, or all the physical distress so far described, and to be further studied under the heading of housing. His real misery lies elsewhere.

361 185 654 rows there is a street six yards wide, so that sunlight can penetrate into every dwelling.

361 185 654 342 The houses are of red brick, with concrete ceilings, and the floors inside are raised a foot above street level. The roof is about thirteen feet from the ground. Twenty of the houses are two-roomed, with a yard inside and a shed for cattle. Ten larger houses have three rooms, with a hall and outhouses. These are occupied by two families each, usually those of a father and his son.

● [252 515] Six baking-ovens have been built outside the housing-area, so that the smoke may not trouble the inhabitants. They are used by all the families in turn. There are also six shower-baths, four for men and two for women, together with laundry facilities.

[346] The village hall will hold seventy people; it is used for feasts, marriages and funerals. The mosque covers about 600 square feet. The school, which follows the syllabus [347] for compulsory elementary education, is open to boys and girls. Shops have been opened in order that the people may buy what they want on the spot, and there is a great enclosure with six depots for storing the various crops, fodder for the animals, and agricultural implements.

[312] Water to fill the tanks is drawn from a well by a pumping machine. But this was an expensive experiment, costing L.E. 10,000, and could not be copied by private persons. Something more economical had to be found, which without sacrificing public health would be better adapted to the habits of the fellaheen. In 1935 the Royal Agricultural Society laid a new experiment before the landowners. Twenty houses of different kinds were built in blocks of four, separated by twenty-foot roads. Here the walls are of unbaked brick, and the roof of wood. There are two rooms about fifteen feet by twelve, a small yard, and an inside oven. Each dwelling costs L.E. 25 as against the L.E. 125 of the first plan.

654 341 361 The Government, for its part, has decided to build a model village in each *mudiriya*, beginning with the rebuilding of Mit Fares in Lower Egypt, which was destroyed by fire. The plan allows for houses of one or two stories with drinking-water and interior drainage; wide streets lined with trees; in the centre a mosque, a school, and a hall for meetings; and on the outskirts a market-place for the

241 262 HIBISCUS ESCULENTUS, Abu-l-'Abbas el Nabati, who visited Egypt in 1216, gives a clear description of BAMIA, which is cooked in salted water. MOLOKHIYA, TORCHORUS OITTORIUS, or Jews Mallow, is chopped fine [252] and cooked in oil to make a green, sticky soup. Both vegetables were known to the ancient Egyptians.

113 49. The figures are : Mgo 1.988, Ca 0.284, K 02.886. See P. Schrumpf-Pierron, LA TENEUR EN MINÉRAUX DE LA NOURRITURE DU FELLAH, in BULLETIN DE L'INSTITUT D'EGYPTE, Cairo, 1932, pp. 153-75.

50. *T.*—See on this subject J. W. McPherson, THE MOULEDS OF EGYPT, Cairo, 1942.

51. See article on SURVIVANCES EGYPTIENNES by 'Abbas Bayoumi, on pp. 279-87 of the BULLETIN OF THE ROYAL GEOGRAPHICAL SOCIETY, which contains a comparison of magical texts.

51a. See Appendix A.

52. LES SURVIVANCES DE L'EGYPTE ANTIQUE DANS LE FOLKLORE EGYPTIEN MODERNE : Bosc et Riou, Lyons, 1929.

53. See note 50, also Elie Sidawy, LES FOIRES OU MOULEDS DE L'ISLAM : REVUE DU MONDE EGYPTIEN, 1921.

54. The name means "Breathing the Freshness". This [527] very ancient Spring feast falls on the Coptic Easter Monday and is always a public holiday.

55. The last three are called HALAWA SIMSIMIYA, HOMMOS and FUL SUDANY.

56. According to 1939 statistics more than 60% of the [696] crimes remain unpunished, the culprits having eluded discovery.

See LA CRIMINALITÉ EN PROVINCE, by Muhammad Mustafa el-Kolaly, in REVUE DES QUESTIONS SOCIALES, July 1940, pp. 20-29.

57. The INDEX TO PLACE - NAMES (Egyptian Government Press, Cairo, 1932) gives 14,166. Among them are 7,800 with the prefix 'EZBA, 150 with MIT, 180 with NAZLA, 933 with KAFR and 1436 with NAG'. These prefixes recall their origin. There are barely 4,000 actual villages (nahya).

58. See Lozach and Hug: L'HABITAT RURAL EN EGYPTE: Cairo, 1930.

19.

×539
821

Song to a sun-shower.

ʿĒb ʿalēk, ya naṭare,
wes-sams mefattaḥe.

Shame yourself, O rain,
For the sun has broken through!

2. Literally: "has opened". The same word is used with flowers which are unfolding, e. g. No. 6, l. 7.

20.

Preparations for a Feast.

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[252]
[356]
[481]

Faṭne (Fatme), the daughter of the Prophet Mohammed, and her husband ʿAli, are represented in the song as simple Egyptian peasants. She is about to bake cakes for the feast; first hastily cleaning the house and carrying the basket of sweepings out upon her head. Everyone who is acquainted with Egyptian villages will have often seen this picture.

ʿAli, the master of the house, to please his wife, has gone as far as southern Upper Egypt, for the sake of an iron hook, for taking bread from the oven. At the beginning, the sun, which has hidden behind the clouds, is requested to show its pleasantest face at the feast; for there is not continuous blue sky in northern Upper Egypt. At Saqqāra, in winter, we
[132] often had an overcast sky and heavy rainfalls.

Fattaḥi, ya semise, ya semise,
lagl ʿAli u-Moḥammadī
we-Faṭne, bint en-nabi!
u-ʿaginha ʾuddamha.

9: Klunzinger D-5 (1863-1875) 1878
MR13 Fellahin MR13
Upper Egypt

512 764 762 [915] [252] [194] 512 [514]

After his evening devotions the dweller in the town moves homeward to his house, where his supper is already awaiting him. At this meal, which is generally the principal meal of the day, he quite acts the gourmand. His wife brings it to him on a round wooden board elevated on pieces of wood or short feet (*tablieh*); among richer people a shield-like metal plate (*sanieh*) is used instead. The basis of the meal is bread made of wheat or millet flour, or hot unleavened cakes—of which he devours incredible quantities—baked over a fire of dung. His wife has also boiled or fried for him a fish with onions and oil, or there lies in the pot a young pigeon or a fowl, the juice of which tastes excellently when the cakes are dipped in it. Sometimes also a small piece of mutton, buffalo, camel, or goat flesh has been procured, with which the soaked *bamieyhs* or the viscous-juiced, spinach-like *moluchieh* are cooked. These, however, are the more expensive viands, and in the evening also people on ordinary occasions are satisfied with the *ful*, which has become so much a national dish, and which (beans in general), according to Herodotus, was forbidden to the ancient Egyptians, or at least to the priests, and hence also to the Pythagoreans. Other dishes are such as lentils boiled in water without flesh, ful with moluchieh, a thick flour paste, coarsely ground barley or wheat, a cake made with butter, an omelet, fruit, roasted grain, salt, and caraway, and especially raw onions. All these except ful were also eaten by the ancient Egyptians, with the addition of papyrus and lotus. The consumption of lentils was so general that Strabo believed that the nummulites of the mountains were the fossilized remains of the lentils used by the labourers. Whenever it is possible two or three kinds of dishes must be on the table, and the inhabitant of the town tastes of them indiscriminately, taking a piece now from this, now from that.

After the evening meal our citizen either remains at home enjoying a dignified ease in his harem, or he takes up his position before his house, stretched out in the dust of the street, or squatting amidst a knot of peaceful neighbours; less frequently he visits the café again, or calls on a friend in his house or court-yard if he has a friend able and ready to

9: Klunzinger D-5 (1863-1875) 1878
MR13 Fellahin MR13
Upper Egypt

special dainty on this day. Saturday is named "the Sabbath of the light," from the celebrated sacred fire, which on this day bursts forth in the Greek Church of the Sepulchre at Jerusalem, and on this account the Christian brethren there annually get up a spectacle, which often terminates in deadly blows and renders the intervention of the Turkish, and consequently Mohammedan soldiery necessary. On this day the Mohammedan faithful strengthen their eyes with eye-powders; everybody has a vein opened, or gets himself cupped, a custom which prevails in many places in the West also, and in Egypt, Mohammedan as it is, coloured Easter eggs are also eaten. People take *kishk*, that is, a decoction of wheat with sourmilk, boil it with eggs, and stick it with the coloured shells of the eggs above the doors to adorn the entrance for all time coming and ward off spirits. On Easter Sunday the "great feast of the Christians" (*id en-nuedra*) these hold a grand reception, with sherbet and holiday gifts, the Mohammedans in a friendly and neighbourly way call upon the Christians as the latter did upon them during Bairam. The Easter Monday of the Copts, whose festivals are settled by the Greek calendar, is the universal spring festival for the adherents of both religions. The night before onions, beans, and a bouquet of roses are laid under the bed-cushions and slept upon. On Easter Monday the onions are crushed and stuck with some water on the door; the beans are stuck on the bar, and the roses are used as a nosegay. At the first streak of daylight everybody moves abroad, this being the day of *shimm en-nesim*, that is, "air-smelling," or more poetically "sipping the zephyr." People go to the gardens or other attractive spots, and pass, if possible, the whole day there. At the most-frequented places sellers of coffee, sherbet, buza, and cooked meats establish themselves. A company of friends may take an Easter lamb with them, kill it at the rendezvous they have selected, and prepare *tanur*, that is, they cut up the meat in several pieces and bake it in an improvised earth-oven; or they make *shauirma*, that is, the whole lamb with the skin and hair on is placed on a spit and roasted at the fire. The day is spent